WHAT IS CLAIMED IS:

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1. An injection mold comprising a sliding member having a partial cavity surface which forms part of a cavity surface, and an adjacent member having a partial cavity surface which forms part of the cavity surface, a sliding surface of said sliding member being guided by a sliding surface of said adjacent member and linearly movable by a relative sliding distance,

wherein a portion from the partial cavity surface

to the sliding surface of at least one of said sliding

member and adjacent member is continuously coated with

a heat insulating coat, and a range over which the

sliding surface is coated with said heat insulating

coat is so set as to exceed the relative sliding

distance.

2. An injection mold comprising a sliding member having a partial cavity surface which forms part of a cavity surface, and an adjacent member having a partial cavity surface which forms part of the cavity surface, a sliding surface of said sliding member being guided by a sliding surface of said adjacent member and linearly movable by a relative sliding distance,

wherein a portion from the partial cavity surface to the sliding surface of at least one of said sliding member and adjacent member is continuously coated with a heat insulating coat, a range over which the sliding surface is coated with said heat insulating coat is so

set as to exceed the relative sliding distance, and an entire region from said heat insulating coat to the sliding surface is continuously coated with a protective coat.

5 3. An injection mold comprising a sliding member having a partial cavity surface which forms part of a cavity surface, and an adjacent member having a partial cavity surface which forms part of the cavity surface, a sliding surface of said sliding member being guided by a sliding surface of said adjacent member and linearly movable by a relative sliding distance,

wherein a portion from the partial cavity surface to the sliding surface of at least one of said sliding member and adjacent member is continuously coated with a heat insulating coat, and an entire region from said heat insulating coat to the sliding surface is continuously coated with a protective coat.

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- 4. An injection mold comprising a sliding member having a partial cavity surface which forms part of a cavity surface, and an adjacent member having a partial cavity surface which forms part of the cavity surface, a sliding surface of said sliding member being guided by a sliding surface of said adjacent member and linearly movable by a relative sliding distance,
- wherein at least a portion of the partial cavity surface of at least one of said sliding member and adjacent member is continuously coated with a heat

insulating coat, and an entire region from said heat insulating coat to the sliding surface is continuously coated with a protective coat.

- 5. The mold according to claim 1, wherein said heat
- 5 insulating coat has a jagged portion on a surface which opposes the sliding surface.
 - 6. The mold according to claim 2, wherein said heat insulating coat has a jagged portion on a surface which opposes the sliding surface.
- The mold according to claim 3, wherein said heat insulating coat has a jagged portion on a surface which opposes the sliding surface.
 - 8. The mold according to claim 4, wherein said heat insulating coat has a jagged portion on a surface which opposes the sliding surface.
 - 9. The mold according to claim 2, wherein said protective coat is made of a metal or ceramics.

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- 10. The mold according to claim 3, wherein said protective coat is made of a metal or ceramics.
- 20 11. The mold according to claim 4, wherein said protective coat is made of a metal or ceramics.